



Objectives:

Unleash the Power of Personal Advantage

- Define personal empowerment
- Identify strategies for overcoming obstacles and barriers to achieving goals
- Explore personal advantages and ways to maintain one's edge in life
- Introduce Guiding Principles to achieving personal success

Written by
Ellen Denise Junio

"An obstacle is the success waiting to be accomplished."
- Ellen Junio



Objectives: Empowerment

- Define personal empowerment
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**"An obstacle is like success waiting to be accomplished."
- Ellen Junious**



Personal Empowerment is to be personally responsible and accountable for the results of one's life

Personal Empowerment

- Empowerment is the freedom to act and have control over one's life, i.e. letting go of the past to move forward, making wiser choices, and developing competence and knowledge in areas of personal interest
- Personal empowerment is to be personally responsible and accountable for the results of one's life

"If we did all the things that we were capable of doing, we would literally astound ourselves."

- Thomas Edison



Personal Empowerment is to be personally responsible and accountable for the results of one's life.

1

In what ways are you demonstrating personal responsibility and accountability for the results of your daily life?

2

Are your close friends and family aware of your aspirations?

**"If we did all the things that we were capable of doing, we would literally astound ourselves."
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Strategies for overcoming obstacles

- Identify the issue, problem, or obstacle
- Define the impact in the present time and future
- Determine the alternatives
- Seek counsel or advice (if necessary)
- Make a decision based on the best alternative
- Take action



What assumptions and judgments do you make that limit your personal growth?

How to sustain and minimize set backs

- Write your goal on paper
- Find an accountability partner
- Decide on a specific date that you plan to follow-up and review your goals
- Be able to anticipate problems
- Determine the success criteria
- Celebrate all accomplishments along the way

"The problem with making assumptions is that we believe they are the truth."

- Don Miguel Ruiz



What assumptions and judgments do you make that limit your personal growth?

What is Personal Advantage?

• Personal Advantage is the results of actions taken to give you the best opportunity to living a life of abundance.

- Examples:
1. Good credit rating
 2. A well balanced lifestyle
 3. Knowledge and experience
-
-
-
-
-
-

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"Inch by inch, life is a cinch,
Yard by yard, life is hard"
- Max Anderson



Personal Advantage is the results of actions taken to give you the best opportunity to living a life of abundance.

1

Identify at least 3 – 5 personal successes that were accomplished in 2005?

2

What goals were unmet in 2005?
If listed, what were the obstacles that hindered you from accomplishing your goals?

**"Inch by inch, life is a cinch.
Yard by yard, life is hard"
- Mac Anderson**



Guiding Principles to achieving personal success

- The good news is that you can start right where you are today to gain new traction in your life.

Repeat daily:

"Each new day, I begin again"



Guiding Principles to achieving personal success

Authentic: Being true to yourself

Trust: Taking the journey through faith

Love: Practicing love; loving yourself first

Affirm: Learning to listen and ask
for what you want

Forgive: Moving beyond your faults and
those of others

Imagine: Living in the reality of your
own dreams

Focus: Making the commitment

Confidence: Believing that you can



PRINCIPLE 1 – Authentic: Being true to yourself

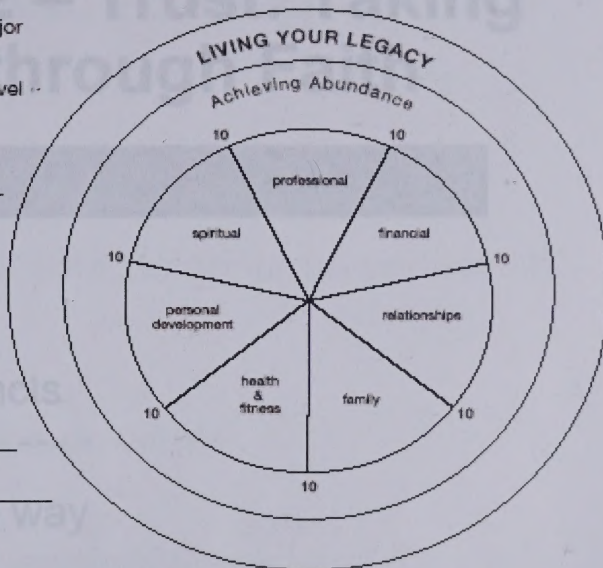
- What makes you tick?
- To be authentic is to do and be you in spite of...
- To be authentic is to know and accept the “AS IS” person
- Do you allow other people’s perceptions define your success?



The Life Wheel depicts the primary aspects of life.

- 1 How would you rate each of the major areas of your life? (10 is the level of greatest satisfaction, and 1 is the level needing the most improvement.)

1. professional _____
2. financial _____
3. relationships _____
4. family _____
5. health & fitness _____
6. personal development _____
7. spiritual _____



- 2 Based on the results, is your life wheel balanced or unbalanced? _____

- 3 Which 3 areas of your life consume the most of your time and energy?
1. _____
 2. _____
 3. _____

"Without clearly defined goals...the activities of your life will reflect the desires of those around you."

- Dan Miller



PRINCIPLE 3 – Love:

PRINCIPLE 2 – Trust: Taking the journey through Faith

- Taking risks
- Trusting your instincts
- Learning along the way



PRINCIPLE 3 – Love: Practicing love, loving yourself first

- Love God first, then your neighbor as you would love yourself
- Learn to love the person within
- Experience more meaningful relationships by practicing love



PRINCIPLE 4 – Affirm: Learning to listen and ask for what you want

- Replace negative thoughts with positive and affirming ones like... *"All things are possible"*
- Ask for what you want and say "YES"
- Do your daily actions support your mission and purpose?

"Decide upon your major definite purpose and then organize all of your activities around it."

- Brian Tracy



What is your life purpose, calling, or mission?

**“Decide upon your major definite purpose and then organize all of
your activities around it.”**

- Brian Tracy



PRINCIPLE 5 – Forgiveness: Moving beyond your faults and those of others

- True transformation begins with learning to forgive
- Some pain is necessary to help prepare you for being the person you are meant to be
- Creating a plan will help you to live with intentions and consciousness
- Redefining personal priorities as they shift over time



PRINCIPLE 6 – Imagine:

Living in the reality of your own dreams

- Living life without a vision is like playing Monopoly...luck and chance
- Living life with a vision is more like playing Chess...confidence and focus
- Creating a plan will help you to live with intentions and consciousness
- Redefining personal priorities as they shift over time

"Cherish your visions and your dreams, as they are...the blue prints of your ultimate achievements."

- Napoleon Hill



What is your vision? What are your dreams and aspirations?

PRINCIPLE 7 – Focus: Making
the Commitment

• Recognize the difference between a minor
setback and a major setback

• Create a network of people, places and things for
guidance and support

• Make a decision and commit to it

**“Cherish your visions and your dreams, as they are...the blue
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- Napoleon Hill



PRINCIPLE 7 – Focus: Making the Commitment

- Recognize the difference between a minor setback and a major setback
- Believe in the reality of your own dreams
- Create a network of people, places and things for guidance and support
- Remember the message of "The Wizard of Oz" ...everything you need is within you
- Make a decision and commit to it
- Know that... what is meant to be, has already been promised to you



Identify 3 goals for 2006.

PRINCIPLE 8 - Confidence: Believing that you can

- Rediscover the hero or “shero” inside of you
- Believe in the reality of your own dreams
- Remember the message of “The Wizard of Oz”...everything you need is within you
- Know that... what is meant to be, has already been promised to you

“Successful people realize that the door to the room of success swings on the hinges of setbacks and opposition.”

- John Maxwell



Identify 3 goals for 2006.

Goal 1: _____

What action is required to achieve this goal?

1. _____

2. _____

What knowledge, information, or skill is required to meet this goal?

a. _____

b. _____

Goal 2: _____

What action is required to achieve this goal?

1. _____

2. _____

What knowledge, information, or skill is required to meet this goal?

a. _____

b. _____

Goal 3: _____

What action is required to achieve this goal?

1. _____

2. _____

What knowledge, information, or skill is required to meet this goal?

a. _____

b. _____

**"Successful people realize that the door to the room of success
swings on the hinges of setbacks and opposition."**

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Unleash the power of your **Chrysalis**

- Transformation begins with each new day
- Take time to reflect on your inner being and find peace within yourself
- Write out your vision and plan
- Play hard, work hard, and practice hard
- Practice the Guiding Principles



Unleash the power of your personal advantage

- Be more self-aware
 - Have a “can do” attitude
 - Write out your vision and plan
 - Practice the Guiding Principles
- Make learning a life time ongoing process. No matter how knowledgeable you are, you can always improve, starting with self knowledge
 - We each have our own definition of success. What is yours?
 - Remember to celebrate each milestone along the way



Key Messages:

- Some obstacles are self imposed, others are due to circumstances beyond our control, e.g. laws, social issues and many more things get in the way
- Empowerment is about choice and taking responsibility for the results of your life. Through personal empowerment you can take your life to the next level
- Make learning a life time ongoing process. No matter how knowledgeable you are, you can always improve...starting with self knowledge
- We each have our own definition of success. What is yours?
- Remember to celebrate each milestone along the way



More encouragement...

- Don't give up. Don't give in
- Reject complacency; reject mediocrity
- Take time to grieve your losses
- The rear-view mirror gives us just a snapshot of what has already past. By continuing to look ahead, through the windshield you will see yourself moving towards your goals



Ellen Denise Juniors

Thank you!

Ellen Denise Juniors believes empowerment is about choice and taking responsibility for the quality of your life. She says empowerment is the freedom to not let anyone else control you. It is taking it to the next level, forward and making your choices. Participants of her work are encouraged to use their skills to overcome obstacles that limit personal growth and explore various strategies to move into one's edge in life.

She earned a Masters Degree in Interpersonal Communication at Houston Baptist University, and her undergraduate degree in Computer Information Systems at University of Houston - Downtown. She is a member of the National Black MBA Association, Women's Technology International, and the Black Data Placement Association. She served on several Houston Councils and is currently employed as a Technology Information Manager at a leading Houston business institution.

Her volunteer and community related activities include organizing the AIDS Foundation Houston, United Negro College Fund, Emergency Response to Childhood and Child Advocates. She is an avid sports fan and enjoys traveling, the WNBA basketball games, traveling, reading and writing, and her passions. There has been 10 Houston and currently a store in Sugar Land, Texas with her partner.

Ellen Denise Junious



Ellen Denise Junious believes empowerment is about choice and taking responsibility for the results of your life. She says empowerment is the freedom to act and have control over one's life by letting go of the past to move forward and making wiser choices. Participants of her powerful workshops learn useful tools to overcome obstacles that limit personal growth and explore personal advantages to maintain one's edge in life.

Ellen earned a Masters Degree in Management, Computing, & Systems at Houston Baptist University, and her undergraduate degree in Computer Information Systems at University of Houston – Downtown. She is a member of the National Black MBA Association, Women in Technology International, and the Black Data Processing Association. She served on several Diversity Councils and is currently employed as a Technology Infrastructure Manager at a leading financial services institution.

Her volunteer and community related activities include supporting the AIDS Foundation Houston, United Negro College Fund, Literacy Advance of Houston, and Child Advocates. She is an avid sports fan and enjoys attending the WNBA basketball games. Teaching, reading and writing are her passions. Ellen was born in Houston and currently resides in Sugar Land, Texas with her partner.

